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NGO Stir Deplored

BY A SPECIAL CORRESPONDENT

IT is felt that while there is widespread unemployment among the educated youth in the State and when many of the highly priced essential items of food are beyond the reach of the common man, the NGO's are not doing the right thing in demanding increase in their emoluments.

The leader of the Opposition in the State Assembly, Mr. M. Karunadhi, pleading on behalf of the arrested NGOs requested for their immediate release so that the Government may pave the way for an amicable settlement of the issues involved. He feared that if the Government turned a deaf ear to the demands of the affected employees, some of them might go on hunger strike resulting in a deterioration of the situation.

DMK DISCLAIMS CHARGE

Mr. Karunanidhi said that it is wrong to impute motives to the DMK just because it was sympathetic towards the cause of the agitating NGOs. He disclaimed the charge that his party was intent upon toppling the ruling party by going to the rescue of Secretariat Staff.

Mr. Abdul Latheef, (Muslim League) wanted immediate steps to be taken by the Government to bring the arrested NGO leaders to the negotiation table so as to create a peaceful climate and bring about a harmonious working relationship between the Government and its employees and make it possible for the smooth flow of the administration.

GOVT. STAND

Replying to these points and explaining the Government's stand on the NGO stir, on behalf of the Chief Minister, Mr. M.G. Ramachandran, who could not be present in the House because of his occupation with election tour in Andhra Pradesh and Karnataka, Mr. K. Manoharan, State Finance Minister, asserted that the Government has already male it clear to the leaders of the agitation who had met him at the Secretariat, that the Government was prepared to accommodate whatever was within reasonable limits. As a non-recurring expense, the Government has already announced in the presentation of the Budget that all Government servants earning less than 200 rupees per month would receive a lump sum of Rs. 25 and those earning Rs. 200 and more would be paid Rs. 15 with effect from March this year.

Mr. A. Kandasami (INFB) deploring the stir of the NGOs said that in a country where people in the rural areas could not find one square meal per day and even graduates and double graduates remained jobless for years together, it seemed highly improper that responsible government workers should set a bad example by revolting against the Government and should be launching an agitation knowing fully well that the Government does not have the capacity to pay what was demanded.

Mr. Manoharan pointed out that the claim by some of the trouble makers that all the NGOs were solidly behind the agitation and that batches of 40 to 50 Government servants would court arrest daily till the duration of the Budget session was not substantiated by facts. He cited the case of only 12 persons defying the "ban on the assembly of four or more persons" before the Secretariat on the second day of the agitation.

PUBLIC OPINION

Public opinion on the issue was also adveresely voiced against the NGO stir. A businessman in the city who was head of a large family said that he had four graduate sons and two science-graduate daughters who were still without employment and he could not understand Government employees demanding higher wages in spite of their having secured jobs and other perquisites.

A self-employed graduate industrial entrepreneur who has come all the way from Coimbatore to have some of his papers approved by the State Government was pained to find that the files dealing with his matter could not reach the concerned Minister because of the NGO agitation. "I have no sympathy for people who are indiscipled and hold the public to ransom," he said.

Another professional who runs a large establishment said that every additional rupee p ld to the Government employee would only mean an increase in taxes which the tax-payer could hardly offord.

The general opinion is that the problems of the government servants are no different from those of the average non-government employees who, in fact have no security of jobs if the private-owned establishments are shut down on account of losses.

At a time when there are are strikes and lock-outs and student unrest, the Governments servants are expected to set the right example by conducting themselves in a disciplined manner.

Faux Pas By Madras TV Centre

Doordarshan Kendra, Madras, telecast on Sunday morning a three-minute documentary, produced by the Films Division, eulogising Mrs. Indira Gandhi's emergency rule. The short was shown after a regular programme "Malarum Ninaivugal".

The film showed a bank employee behaving rudely to a foreign tourist. It then showed how the situation changed during the emergency when everyone behaved courteously. There was also a quotation on tourism by "Mrs. Gandhi. Prime Minister of India."

Only last month, the Madras TV centre received instructions from the Central Government not to telecast any film eulogising the emergency rule or Mrs. Gandhi.

Generally, the central film pool at the Doordarshan Kendra, schedules telecast of shorts whenever regular programmes fall short of the time allotted. The centre is not permitted by the Films Division to edit the films supplied by it. The central film pool has in its stock a number of shorts of general nature.

On Monday morning, at a conference of officials at the TV centre, Sunday's mistake was pointed out. It was ultimately left to the topmost officials to view the documentary again before taking action against those responsible for the faux pas.

—INDIAN EXPRESS.

THUS SPAKE THE MAHATMA

There is himsa in the use of antiseptics, yet I cannot bring myself to discard the use of disinfectants like kerosene, etc., to rid myself of the mosquito pest and the like.

ASOKA SCENTED BETEL NUT POWDER

SUNDAY Feb. 26, 1978

Free India

Of Men And Matters

Part Time Chief Ministership

WITHOUT dwelling upon the legal aspect of the question, it is within bounds to assume that the office of Chief Ministership of a State is one rife with great responsibility leaving little time for other preoccupations. That being the position, it does not appeal to reason to hear of Mr. M. G. Ramachandran wanting to continue to act in films snatching some time from his administrative work.

What could be the driving urge in MGR not wanting to set aside his filmatic profession to devote the preciously needed time for the public good? The majority of the electorate who helped MGR and his AIADMK Party to come to power have every right to feel that they are being badly let down if Mr Ramachandran were to persist in his desire to take time off for acting in films once again.

It is also known that MGR wants every important file handled by the other members of his Cabinet to be routed through him to convince himself that there is no chance of mishandling of the portfolios or leading to corrupt practices. This being the case, the normal time available to even the most efficient person would not be sufficient to give each file his personal attention.

The DMK and the leader of the Opposition would not let an opportunity like this to go by without levelling the charge against MGR that does not appear to be serious in wanting to serve the people.

The citing of the instances of other former Chief Ministers in other States like the late Dr. B C. Roy having sought time to discharge their respective professions whenever they felt like it would not hold water. Dr. Roy was a philanthropic medical practitioner who went to the succour of the ill and dying within the limits of the call of duty devoid of profit.

Therefore, in the interest of the State it is essential that the Chief Minister devotes his whole time to his high office and nothing else. —DEEVEE

TAMIL NADU GOES AHEAD

BY making fresh concessions to Government employees, teachers and others the Finance Minister of Tamil Nadu has fulfilled expectations. He has not closed the Budget gap but explained why additional taxation is needed. The graduated increase in the sales tax on many items will not cause surprise. And a further increase in sales tax on petrol and fuel is now regarded clearly the of way to curb consumption imported fuel by means of taxation is easy enough.

The increase in agricultural income tax implies that the State Government also means to share in the exceptional prosperity of the planation industry. It is of course easy to say that Kerala and other States have tapped the pockets of big, rich companies. And the Central Government collects export duty on tea, coffee and cardamom at present. Of course many shareholders will complain that reserves now required for replanting old areas cannot be strengthened. But the yield per acre is going up. The volume and value of exports is going up. And prohibition has certainly enlarged the home market for beverages like tea. More sugar and milk will be used here therefore and farmers will not complain too loudly.

Mr Manoharan certainly has made a good beginning by relying on sales tax adjustments that will assuredly fall on middlemen able to pay more because their turnover is always going up.

ICRISAT's Role In Future Of Agriculture

THEY farm marginal lands. Their plows are drawn by animals or people—neither usually well-fed. Their seeds have one factor in common—they produce only a minimal amount of grain.

These are the dryland farmers, men and women of semi-arid lands in parts of Southeast Asia, India, the Middle East, Latin America and two huge expanses in Africa embracing many of the world's poorest countries.

Two grains, sorghum and millet, form the staple diet of millions of people in these areas. The yearly demand for these grains, 128 million tons now, is expected to increase to more than 350 million tons by the year 2000.

The problem is how to raise crop yields to meet the demands of an expanding population in those impoverished regions where additional arable land water for irrigation are not to be had.

At stake over the coming years the nutrition of about 500 million people who are dependent on the dryland farmers.

The International Crops Research Institute for the Semi-Arid Tropics (ICRISAT), based in Hyderabad, India, plays an important role in the solution of this problem.

ICRISAT's work to improve small farmers' harvests of sorghum and millet, which has met with marked success since ICRISAT's founding in 1972 received added impetus recently by $8.5 million grant for equipment, supplies and expertise from the United Nations Development Programme (UNDP).

The United Nations Food and Agricultural Organization and the world Bank, together with UNDP, sponsor ICRISAT largely through the Consultative Group on International Agricultural Research, a consortium of 32 governments and organizations that supports the work of 11 research centres.

The main emphasis of the basic research will be to develop strains of sorghum and millet which are high in protein and consumer-acceptability while also resistant to insects, diseases, drought and weeds.

More than 100 species of pests attack sorghum in the semi-arid zones including shootfly, sorghum midge, spotted stemborer, maize stemborer and the earhead bug.

ICRISAT scientists, who are drawn from the best research centres in developing and developed countries, will be pursuing carefully-controlled breeding techniques to develop pest resistant varieties.

Three diseases in particular are responsible for low and unstable yields of pearl millet. Downy mildew, the disease of greatest concern, will be given priority. Some disease-resistant strains have already been developed but field tests show that they do not resist varieties of downy mildew in all parts of the world. So ICRISAT, beginning this year, will launch tests in numerous countries to eliminate the problem.

Yield reductions because of common witchweed, genus striga, have presisted throughout the semi-arid tropics. ICRISAT's selective breeding strategy will be focused on field tests of pearl millet and sorghum seedlings resistant to weed infestation.

Research on nitrogen fixation in sorghums and millets will also begin in a new area of activity which ICRISAT believe could have major effect in boosting soil fertility.

In its research, ICRISAT will work closely with scientists at the International Rice Research Institute in the Philippines and other institutions where considerable progress has been made in developing nitrogen-fixation by free-living bacteria associated with low-land rice.

LIC Employees Contribution For Cyclone Relief Fund

Employees of Life Insurance Corporation of India working at various offices in the country have personally contributed a sum of Rs. 2.51 lakhs for relief of people affected by the cyclone in Andhra Pradesh, Tamilnadu, Pondicherry and Kerala.

The cheque for the amount was sent to the Finance Minister by the Chairman, LIC, for being credited to the Prime Minister's National Rel ef Fund.

Olympic Flame

The Olympic Flame will be carried by runners from Greece to Moscow, not bounced off a satellite as originally intended. This will allow special sports festivals to be held in towns and villages along its route.

From Greece the flame will be taken across Bulgaria and Romania to the Soviet Union.

There it will cross five republics—Moldavia, Ukraine, Byelorussia Estonia and the Russian Federation—before being used to open the games in Moscow and at Tallinn, where the yachting contests will be held.

TRAIN YOUR EMOTIONS

By. SVETLANA VINOKUROVA

Scientists have demonstrated that hypertension develops in man's central nervous system and disclosed the mechanisms of the brain which lead to prolonged negative emotions resulting in a stable rise in blood pressure.

SINCE 1900 the world curve of cardiovascular diseases has been registering a steep climb. Today they take the toll of as many lives as cancer and accidents put together. Apoplexies, infarctions and hypertension are "growing younger". At the turn of the century they afflicted elderly people. In recent years, however, even the problem of child hypertension has arisen.

The majority of researchers associate the "epidemic" of hypertension with information over loads and an abrupt acceleration in the pace of life. The role of emotional stress in provoking hypertension has been demonstrated experimentally in laboratories in many countries. But, for a long time researchers believed the endocrine mechanism to be the original source of the trouble. It is true that prolonged negative emotions, as well as intensive physical loads, discharged hormones, including adrenalin, which narrow the vessels and raise blood pressure, into the blood. Researches of the Institute of Normal Psyiology in Moscow chose another avenue and obtained unexpected results.

BRAIN PROCESSES

"Hypertension is merely the tragic conclusion of a long chain of complications in man's nervous system. This is why fixing attention only on the closing phase of the disease is a major mistake of modern medicine", commented Dr. Konstantin Sudakov, Director of the Institute and a Corresponding Member of the USSR Academy of Medical Sciences. "The ailment originates from barely discernible chemical reactions in the molecules of the brain substance; they summarize all man's experiences. We study the brain as a whole, basing ourselves on a functional system theory which was formulated by Academician Pyotr Anokhin in the 1930s".

REAL MECHANISMS

The essence of this theory is best expressed by its author: "The living body is a dynamic system, and one of its nodal mechanisms is information about the result obtained". It is a universal mechanism. It has been demonstrated that the neuron—the nerve cell—operates on the same principle: stimulus, choice of variants, analysis of the result, correction, sought answer. The powerful self-regulatory forces of the living body are directed at making the internal medium stable as a counterweight to the environment, which changes it. This balance ensures survival. For instance, putting a stop to metabolism kills the organism.

Some 15 years ago scientists heatedly debated whether or not animals have emotions. Some researchers expressed doubts as to whether or not it was expedient to endeavour to study emotions since there are quite real mechanisms of the central nervous system–conditioned reflexes. And they cited the authority of the Russian physiologist Ivan Pavlov. However, Pavlov never denied the importance of the subjective factor. Academician Anokhin used to tell the story of how once the great physiologist was asked if he acknowledged the existence of the subjective world. Pavlov replied with a joke: "I would like to see the gentlemen who denies the existence of the subjective world when some one treads on his pet corn."

MODEL OF HYPERTENSION

Emotions open the way for promptly appraising a requirement and finding a corresponding form of reaction leading to the satisfaction of this requirement. No one can actually feel a need for protein or fats, but everyone experiences the sense of hunger. The requirement is satisfied, above all, by saturation with nerve impulses: the man is full, although the food has not yet reached his cells and tissues.

Outstripping events, the brain runs into the future in response to a stimulus operating at present. And with the aid of emotions—an ancient tool refined by evolution – it obtains a result vital for the body.

Researchers of the Institute devised a method which made it possible, for the first time, to observe the dynamics of change in blood pressure. The experiments were made on rats. Their conditions of existence are known and they are very close to man in their reactions. The sensors fixed on their bodies continuously registered their blood pressure. The instruments' readings revealed that when the animals had to overcome obstacles on their way to their targets, the pressure rose. When the target was reached, a reverse wave ensued: the pressure dropped below normal and subsequently levelled out. Positive emotions exert a strong anti-stress effect. If unpleasant effects follow one upon another, or the target becomes unreachable, one upward wave comes close on the heels of another. This means negative emotions are being accumulated. The researchers face a picture of classical hypertension.

The rat's brain zone responsible for the reaction of fear was stimulated by implanted electrodes. Within three hours the animal developed hypertension and subsequently infraction—added evidence that emotions are related to deep seated brain formations, most important, the hypothalamus, with its centres of aggression, fear, hunger and thirst.

VICIOUS CIRCLES

The brain has a host of annular channels along which emotional stimulation may circulate for a long time. This is a source of major danger: in a prolonged conflict situation emotions pass into a stagnant state called neurosis—a "supply source" of hypertension.

Investigations conducted on laboratory animals have revealed that even a weak irritation of the hypothalamus, which does not raise the blood pressure, changes the brain's electrical activity. If the action is continued, the stimulation spreads to the whole brain. If at this stage the irritation is discontinued, all ends well. The brain's electrical activity returns to normal and there is no rise in the blood pressure.

The second vicious circle begins if the stimulation continues. Then, through the hormones of the hypophysis and the vegetative nervous system, the stimulation spreads to the inner secretion glands. They begin to intensively produce hormones. These additional hormones again act on the brain.

If the stress is not removed at this stage a third circle sets in. The mechanisms regulating pressure in the uniquely constructed vascular system (It is 100,000 kilometres long in man) go out of action.

GENETIC FACTORS

When neurochemists joined the experimental work, still more subtle mechanisms were discovered. The chemical composition of neurons which are subjected to accumulated negative emotions was found to be vastly different from the normal. These cells develop new chemical transmitters of nerve stimulation.

Scientists believe that it is not excluded that in conditions of emotional stress specific protein molecules are formed. If this is so, antibodies necessarily form in the organism, as they do in the case of the intrusion of any alien protein. Preparations manufactured from these antibodies can be used to protect the brain.

Anti-stress pills are not the only possible practical result of research. Scientists are searching for mechanisms of the brain's stability which enable man to withstand the harmful effect of stress. They have turned their attention to genetic factors: hereditary immunity or predisposition to hypertension.

EARLY SIGNS

"The job of medicine is to develop methods of early diagnosis of changes in man's emotional reactions," said Professor Sudakov. "The early general signs of these changes are known: undue tiredness, indecisiveness, excessive irritability–in a word, inadequacy of reactions. Man reacts to weak stimuli more intensively than to strong."

This is followed by an ultra-paradoxical phase of neurosis: man does things he would previously not have done. For instance, he might rudely interrupt an interlocutor. As a rule, this is accompanied by a rise in the heartbeat frequency and blood pressure, gastric spasms occur.

At all these stages the development of neurosis can be arrested by a change in the way of life. Incidentally, a mad rhythm of life and sharp emotional experiences will not lead to hypertension as long as moments of top tension alternate with those of rest. Moreover, empirically man has discovered that he can protect himself from overstrain by going in for various hobbies and exposing himself to weak stresses such as hunger and thermal loads—bath taking.

CHAIN OF REACTIONS

Any thought triggers off a chain of complex reactions in the body. For instance, as soon as man thinks of a lemon he begins to salivate and feels a sour taste in his mouth. This is why he should learn to control his thoughts and emotions. This is quite attainable: emotions lend themselves to training just like muscles.

Here are a few emotion-training recommendations. If unpleasant experiences are preying on your mind, look at some shining or bright object, then think of something pleasant and smile.

After an unpleasant conversation, if possible, go for a walk: stride up and down the corridor at least, or walk up from one floor to another. If the situation permits, step outdoors and do some deep breathing.

During the working day set aside five minutes for yourself. Sit down comfortably, relax, close your eyes and let your thoughts flow freely.

When you come home from work tired, however hungry you are, don't rush to the kitchen range or refrigerator. Wash or shower in cool water, change into something comfortable, put out the lights, lie down on the sofa and close your eyes. Imagine that your body is settling into warm sand on the seashore. For five minutes stretch yourself and calmly get up. You will feel much more envigorated.

Before you go to bed try to make believe that you are a carefree child who has had a glorious day and that something nice is in store for tomorrow.

—*From "SPUTNIK"*.

FUN AND LAUGHTER

BETTER

On the river bank a passer-by stopped and asked an angler: "Having any luck?"

"Pretty good," replied the angler, "I haven't had a bite for three hours".

"That doesn't sound very good to me," said the other. "What makes you think it's good?"

"You see that man over there?" pointed out the angler. 'Well, he hasn't had a bite for six hours".

x x x

THE CAUSE !

A prospective employer was interviewing a charlady. "Whom did you work for last?" she asked.

"You remember that Mrs. Brown who died mysteriously," asked the charlady.

"Yes".

"Well, I did for her".

x x x

LEGACY!

"What did John's rich aunt leave him in her will, after he had spent so many years pretending he was fond of her beastly cats?"

"The cats".

• • •

PENNY WISE

The teacher asked everyone in the class to subscribe a penny, as one of the children had died and they wished to provide flowers.

One little girl went up to the teacher and said: "Please, miss, I've brought my penny, but if it had been you I should have brought sixpence".

x x x

NO HALF-MEASURES

A small boy went into a shop and, pointing to a jar of brightly-coloured sweets, asked: "How many of those do you get for a penny?"

"Oh, five or six," the shopkeeper replied.

Putting his penny on the counter, the youngster said: "I'll have six."

x x x

ENJOYMENT

Ragamuffin: Gimme a nickel mister?

Passerby; I'd be happy to.

Ragamuffin: Yeah? Well why don't you give me a dime then and really enjoy yourself?

MEANING

A teacher asked a little boy to spell "responsibility," which he did.

"Now, Tommy," said the teacher, "can you tell me the meaning of that big word?"

'Yes, mum," answered Tommy "If I had only two buttons on my trousers and one came off, all the responsibility would hang on the other".

x x x

Harry: "When'll you be back?"

Jimmy: "Well, if you must know. I'm not going.

x x x

PLEASE FORWARD

Muggins came home one day to find his wife looking very annoyed.

"What's the matter, Liz?" he asked kindly:

"That man from your Club wrote a letter to you. I opened it and found he had added a line at the bottom: "Please let your husband see this letter as I want him to read it".

x x x

CHEAPER

Jock McGraw, just arrived in London, went into the barber's shop:

"What's the price o' a haircut?" he inquired cannily.

"One and sixpence," came the reply.

"Man, that's a lot o' money", said Jock. "How much is it for a shave?"

"A shave costs ninepence".

"All right," said Jock, "I'll have my head shaved".

ALTERNATIVE

The Prospective Purchaser: "I'm afraid your make of car does not suit us. My fiancee cannot reach the brakes and the steering-wheel at the same time".

The Salesman: "But, sir, the car is perfect. Why not try a new girl?"

x x x

REASON

Teacher: Ramu, have you taken Book-keeping as your optionals?

Ramu: Yes.

Teacher: Why?

Ramu: Because, I do not know how to keep my books in order.

• • •

ONE AT A TIME

The speaker was getting tired of being interrupted.

"We seem to have a great many fools here tonight," he said. "Wouldn't it be advisable to hear one at a time?"

"Yes," said a voice. "Get on with your speech".

• • •

BEWARE OF PITY

"These trousers may be useful to you," said the kind old lady. "All they need is a little mending."

"That's all right, mum," said the tramp. "I'll call back in half an hour".

x x x

CONFIDENTIAL

He: You're very pretty, if I may say so.

She: You may say so, but not in public.

He: You're very pretty, but not in public.

SWAMPED

Musician (ironically): "I am afraid my music is disturbing the people who are talking over there".

Hostess: "Dear me! I never thought of that: don't play so loudly".

x x x

BIT OF EACH

"Visitor (speaking of little boy): "He has his mother's eyes".

Mother: "And his father's mouth".

Little Boy (breaking in): "And his brother's trousers."

x x x

NO PUBLICATION

Admirer: "Adored one, may I print a kiss upon your lips?"

Phyllis: "Well—er—yes; you may print it, but you mustn't publish it".

x x x

HIS FEAR

Zoo Keeper: Bruin's a real friendly bear. He'll eat off your hand.

Visitor: That's what I'm afraid of.

x x x

BOOMERANG

Mrs. Brown: "Did you ever notice, my dear, that a loud talker is generally an ignorant person?".

Neighbour; 'Well, you needn't shout so, I'm not deaf."

x x x

TRUE TO TYPE

Lady Reformer: 'If I had my way, I'd let every prisoner go free."

Cynical Male: "Trust a woman not to let a man finish his sentence."

• • •

APOLOGIA

Angry Guide: "Why didn't you shoot at the tiger?"

Timid Hunter: "He didn't have the right kind of expression on his face for a rug".

Waldheim Stress On Nuclear Disarmament

"DURING the past decade and a half there have been some notable achievements in the field of disarmament, but they have been directed towards arms limitation rather than disarmament. They have been aimed at proscribing certain particularly undesirable developments but have not resulted in a substantial reduction of important weapons systems, nor have they restrained the pace of arms race".

This was stated by the UN Secretary-General, Dr. Kurt Waldheim, in a message to the opening of the 1978 session of the Conference of Committee on Disarmament (CCD) at Geneva.

INTERNATIONAL CLIMATE

In the message, the Secretary-General said that "while it was evident that an increase in international tension will further speed up the arms race, it is equally clear that improvement in the international climate is not in itself sufficient to slow it down".

"Thus we have seen a continuation, and indeed an acceleran, of the arms race in the midst of political detente," he said. "Disarmament considerations must become an integral part of international efforts towards detente".

OVERRIDING PRIORITY

"There is now general agreement that the threat of nuclear war is the greatest single peril to the survival of mankind. Consequently, nuclear disarmament remains the overriding priority, and responsibility for progress here falls predominantly on the nuclear powers, and on the two largest in particular,' Dr. Waldheim added.

In this connection he considered the success of the Strategic Arms Limitation Talks of crucial importance in helping to build an atmosphere of international confidence".

The Secretary-General emphasised that "in order to control the development of nuclear weapons, an end to nuclear tests would be an essential first step". He welcomed the negotiations entered into last year by the Soviet Union, the United Kingdom and the United States with a view to reaching an agreement on this subject.

CHEMICAL WEAPONS

"At its last session, the General Assembly stressed the continuing importance of prohibiting the development, production and stockpiling of all chemical weapons, and requested your committee to elaborate an agreement that would be reported to both the special session and next regular session of the General Assembly".

"Although important questions remain to be solved, I believe that the situation here is more encouraging than in the previous years". He hoped that the Committee will now make a decisive progress towards a ban on chemical weapons.

Building Technology In Developing Countries

A GROUP of 21 experts met in Amman to discuss institutional, administrative and other factors that may hinder the adoption of appropriate building technologies, formulated recommendations on corrective measures suitable for developing countries and suggested what role the United Nations could play to support actions required.

In view of the great importance that construction has in national development and the need to increase the performance of the building industry in the developing countries, the Centre for Housing Building and Planning convented the meeting.

The experts were drawn from Egypt, Ghana, Hungary, India, Mexico, Papua New Guinea, the United Kingdom and the United States.

VARIETY OF MEANS

The expert group pointed out that national development planners and housing and public works officials may use a large variety of means in order to influence the choice of construction technology. The policy measures which they may implement should necessarily reflect various socio-political and economic considerations such as employment generation and provision of shelter for the majority of the poor.

These considerations will, by necessity, constrain the range of alternative technologies among which the most appropriate may be selected and implemented. The larger the number of constraints, the narrower the availability of potential technologies, and vice versa.

CRITERIA FOR SELECTION

The expert group recognized that criteria for the selection of appropriate building technologies apply equally to the public and private sectors. In other words, the most appropriate building technology for a government-subsidized low-income housing scheme may not be different from that of identical housing financed by the private sector.

If a housing project were to be implemented by the public sector, the technology identified as the most appropriate from the general econonic and social development viewpoint should be adopted even if at market prices it could result more costly. On the other hand, the implementation of a similar housing project by the private sector would require the application of various fiscal or other policies and incentives in order to ensure the adoption of the above appropriate building technology by the private sector.

PROPOSALS FOR ACTION

Proposals were put forward by the expert group to establish a framework for action in the following areas: criteria for selection policies, institutions and decision-making; research, studies and demonstration projects; training; standards and regulations, and dissemination of information and communications.

A Head Searches For A Grave

The Republic of South Africa is a country of concentrated racialism, where a man is persecuted from the cradle to the grave, and even before birth, because marriage is preceded by a decision of a commission which determines the race of the young couple and even after death because there are separate crematoriums and cemetries for White and Blacks.

Apartheid policy of the South African Racist regime doesn't spare even the dead ones. A recent incident in Durban shows how the racist policy is cruelly followed there.

Sometime back a shark caught in the sea waters near Durban, created a big legal problem to the racist regime in South Africa.

Considering that many people were attacked fatally by sharks, every shark caught was opened and searched. This time a disfigured human head was found inside the shark. The police was informed of the strange finding and they immediately started to investigate, and what do you think they have started to investigate?—To which race the head belonged to, as without knowing the race, they could not bury it.

The Durban police were faced with a grave problem. "We don't know whom it belongs", said the Head of the Seaguards. "In recent time there is no information regarding disappearance of any person".

In the beginning the police hoped that it might belong to a black fisherman who was reported to have drowned some weeks back. But the expectation was shattered when the expert opinion of a stomatologist announced that considering the teeth it belonged to a woman. So they could not bury it till they find out the race of the disfigured head, and their efforts to know the race of the head have failed.

Losing hope the police returned back the head to the Magistrate to do whatever he liked. Now it is a serious problem for city officials to decide as to which grave, White or Black, the head should recah.

The Price Of The Human Body

Everybody is worth more because of inflation, says the United Press International. Estimating the value of the human body's chemical elements —oxygen, nitrogen, hydrogen, phosphorus, magnesium, iron, carbon and others—at the current market prices, a staff physician at the Monsanto Chemical Company has come to the conclusion that they are now worth $ 5.60 compared to only 98 cents in 1936.

—

Supplementary Nutrition Programme

THE World Food Programme of UN-FAO will give the Government of India a further $ 28 million (Rs. 24 crores) worth of food aid to continue the supplementary nutrition feeding programme presently being implemented by the Government with WFP assistance.

This aid would enable this project, which has at present the largest coverage of any WFP assisted programme of this type, to continue without interruption till about January 1980.

An agreement to this effect was signed in Delhi recently by Mr. Saran Singh of the Department of Social Welfare, Ministry of Education and Social Welfare, on behalf of the Government of India and Mr. Jan P. Huyser, Resident Representative of the United Nations Development Programme (UNDP) and of the World Food Programme (WFP).

ADDITIONAL SUPPLY

Under this agreement WFP will give the Government about 69000 MT of soya fortified bulgur wheat, butter oil, whole wheat and dried skimmed milk for utilisation upto January 1980. This supply is in addition to the 73885 MT of soya fortified bulgur wheat, butter oil, whole wheat, and dried skimmed milk that WFP is already supplying the Government for the present ongoing project.

The Government of India and State Governments, who will implement this project, will meet the costs of staff, transport and handling of the food aid, storage, supply of other local foods, fuel and utensils for cooking, health services, etc. all worth about $13 million (Rs. 11 crores).

AREAS TO BE COVERED

The profect will be implemented in vulnerable areas and sectors of society including urban slums, drought affected and scheduled caste and tribal areas, in the States of Assam, Bihar, Gujarat Kerala, Madhya Pradesh, Maharashtra, Orissa, Rajasthan, Uttar Pradesh and West Bengal, and supplementary cooked food will be given through 1200 feeding centres to about 1,426,500 children below 6 years and 158,500 pregnant and nursing mothers who may be suffering from protein calorie malnutrition.

Health services such as immunisation, supply of vitamins, medical and child care etc. will also be provided by the State Governments as a supplement to the feeding programme so that the full benefits of the food aid could be realised.

This project, which commenced operations in March 1976, will now cover the period upto January 1980, but is likely to be continued upto July 1981.

Pollution

For Germans, the Rhine has from time immemorial been an object admiration and pride, an inspiration for their poets and novelists. Now, nature lovers draw attention to oil spots on the river's surface. Its waters arouse serious fears too, for their pollution, reports *Deutsche Volkszeitung*, has reached a record level. Chemical and coking plants dump about 236,500 tons of different chemical solutions into the river every month. Pessimists say that soon one will have to don an oxygen mask to admire the Rhine. As for swimming in it, people stopped doing it a long time ago.

Offended

"This is a very vicious city", said San Francisco's chief of police. Why? Because his subordinates, ignoring his rank, dared cite him for driving without a valid licence. He said that it was true that his licence had expired, "but there's no law that says that I have to carry a current driver's licence."

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Best Disguise

The clue that led to the arrest of three men who had robbed an 80-year-old woman in Paris was their police uniform. Investigations revealed that they had a right to wear it: all three turned out to be "guardians of the law".

For The Week 26th February To 4th March 1978

MESHA (ARIES)
Aswini Bharani
Krittika 1/4

THE whole week will be progressive. But you should be cautious in dealing with strangers. You will be able to complete some of the outstanding works. Increase in income is possible. Minor speculative gains are also indicated. Family atmosphere will be pleasant. Health will be well maintained. Avoid long distance journeys unless necessary. Favourable days : 27th & 28th.

VRISHABA (TAURUS)
Krittika 3/4 Rohini
Mrigashirsha 1/2

THE week starts well. Professional prospects will improve. Go ahead with your plans. You will be able to start new ventures. Family members will be cooperative. But keep an eye on children. You can expect some benefits from opposite sex. Finance is fairly satisfactory. Avoid speculations Short journeys are indicated. Favourable days : 2nd & 3rd.

MITHUNA (GEMINI)
Mrigashirsha 1/2 Arudra
Punarvasu 3/4

THIS week is good for personal matters. But heavy expenses will cause anxiety. Worries regarding professional matters are also seen. But the position will improve during the later part of the week. There is need for maintaining cordial relations with superiors. Domestic scene will be pleasant. Children's progress will give you much pleasure. Favourable days : 1st & 2nd.

KATAKA (CANCER)
Punarvasu 1/4 Pushya
Ashlesha

THE whole week will be satisfactory. You should continue your efforts in official work. You are likely to be given a new and more attractive position. Help from friends could be expected. Financial position will be satisfactory. Minor speculative gains are also indicated. Family affairs come for closer attention. Matters relating to children will be a source of anxiety. Favourable days : 26th & 27th.

SIMHA (LEO)
Maka Purva Palguni
Uttara Palguni 1/4

THIS week opens with a renewed emphasis on monetary matters. Speculative investments will yield good results. There are no major changes in the office. Political and social trends are favourable. Family members will be cooperative. Matters relating to children could be finalised favourably. Health will be well maintained. Avoid long distance journeys unless necessary. Favourable days : 3rd & 4th.

KANYA (VIRGO)
Uttara Palguni 3/4 Hastha
Chitra 1/2

THIS week opens with chances of success in professional field. With some foresight and diplomacy you will be able to achieve solid progress. Domestic atmosphere will be normal. Matters relating to children requires extra attention. Speculations in political matters should be avoided. Property matters should be handled properly to avoid complications. Favourable days : 1st & 2nd.

THULA (LIBRA)
Chitra 1/2 Swathi
Visakha 3/4

THE whole week will be satisfactory. You should continue your efforts in official work. You are likely to be given a new and more attractive position. Help from friends could be expected. Financial position will be satisfactory. Speculative gains are also indicated. Domestic responsibility will increase. But you can expect cooperation from your family members. Favourable days : 26th & 27th.

VRISCHIKA (SCORPIO)
Vishakha 1/4 Anuradha
Jyeshtha

THE first part of the week is better than the second half. You should be able to complete long pending works. Though family work will be exacting, you will derive much pleasure in doing it. Health will be well maintained. Short distance travel is indicated. You should avoid friction with coworkers. But you should be prepared for heavy expenses. Favourable days : 3rd & 4th.

DHANUS (SAGITTARIUS)
Mula Purva Ashadha
Uttara Ashadha 1/4

THIS week end is good for social activities. Some financial advantages are also indicated. Professional prospects are better. Go ahead with your efforts. The emotions need control. Avoid friction with associates. At home conditions are mixed. Short journeys are indicated. Health will be well maintained. Favourable days : 1st & 2nd.

MAKARA (CAPRICORNUS)
Uttara Ashadha 3/4
Shravana-Dhanistha 1/2

MOST of the week is favourable. But you should be prepared for financial problems during the first part of the week. However you will be able to raise the amount by the week end. There is no major change in office. But you should not strain your relations with co-workers. Health requires attention. Domestic scene will be peaceful. Favourable days : 26th & 27th

KUMBHA (AQUARIUS)
Dhanishta 1/2 Sathabhishag
Purva Badrapada 3/4

THE first part of the week stimulates enthusiasm and success in efforts. Business will improve. Speculative investments should be avoided. Finance is fairly satisfactory. Renew your contacts and try to complete your outstanding work. Correspondence will be favourable. Family work will be exacting. Matters relating to children require special attention. Favourable days : 2nd & 3rd.

MEENA (PISCES)
Purva Badrapada 1/4
Uttara Badrapada Revati

THIS week is normal. You will be able to complete some of the long pending works. Financial worries are indicated during this week. You should have a tight grip on expenses. Domestic scene is cloudy. You may have to shoulder additional responsibility and work. Partnership matters should be handled properly to avoid complications. Health requires attention. Change of place is indicated for some. Favourable days : 1st & 2nd.

Muscovite's Diary

IVAN IVANOV

"FRIENDS SPEAK THE LANGUAGE OF TRUTH"

"WE discovered India anew at every step and felt the warmth of friendship the Indian people have for us," said Kugultinov, a poet of Kalmykia, when I interviewed him after his return from a visit to India. Kalmyk people are a small nationality in the USSR.

"This trip helped me to better understand the history of my own people. There is an interesting institute in Delhi headed by Dr. Lokesh Chandra, scholar and writer, who specialises in world literature. Among the ancient manuscripts the institute possesses there are writings of the Kalmyk authors of the 16th century, which shows that cultural links between the Indians and the Kalmyks are ceuturies old" says the poet.

"I believe that friends are people who speak the language of truth and I must say that all our encounters on Indian soil were permeated with sincerity and friendliness", said Kugultinov.

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THE SOVIET CONSUMER

THE other day I went to the shop "MOSKVA" to buy some food products. There I saw people buying more and more consumer goods. Yes. It is true that the Soviet consumer becomes ever more demanding. His requirements and tastes grow. He buys more goods and makes careful selection. He is not balked by price and looks for fashionable and good-quality commodities. His demand grows the fastest for consumer durables–refrigerators, colour T. V. sets, domestic appliances, furniture which is connected directly with mass-scale housing construction that has been carried out in the USSR in the past two decades, cars, motorcycles and other goods. He is increasingly demanding staple foods–meat, milk, eggs, fruit and vegetables.

x x x

RUBY STARS

IF you're wondering why the five-pointed starsshining on the Moscow Kremlin towers have such a unique ruby glow, it's because of the special glass of which they are made. The glass is from Vyshny Volochok's Krasny Mak factory (Kalinin Region). Glass blowers tried all sorts of ideas but came up with the effect they wanted in 1946, only through a multilayer sheet of opaque, ruby and translucent glass.

Now, thirty years later, the Vyshny Volochok artisans have made new ruby glass according to the old formula for restoring the Kremlin stars.

CRICKET

Is Indian Spin Combination Breaking Up?

By P.N. SUNDARESAN

THE Indian cricket team is back in the country. The fact that it has received a warm welcome, despite losing a closely fought series to Australia, shows there is full appreciation of the manner in which they had acquitted themselves and, practically lived down the poor reputation acquired at the end of the series against England last season

However, the one apect thats should engage the coniderations of our selectors is the performance of the Indian spin attack and whether the ten-year-old combination is after all breaking up. The reason for this is the form of Prasanna on the tour. The famed off-spinner is 37 years old now and, it looked from a distance that he broke down under the strain of the tour in the last test and was away from the field during the Australian first innings, when his services would have been valuable. Generally in the series, his performance, except in the fourth test, was below his usual high standard.

During the closing stages of the fifth test, Frank Tyson, the well-known England cricketer now settled down in Australia, told radio interviewer in answer to a pointed question, that Prasanna was now a purely defensive bowler in contrast to the attacking spinner he was during his visit in 1967-68. Prasanna was content to contain the batsmen instead of trying to draw them out through exploitation of his flight.

However, this might be due to the fact that Bedi did not give him the long spells of bowling that Prasanna was accustomed, which itself might have influenced the latter to resort to defensive tactics. Having watched Prasanna closely for nearly a decade, I can assert that he takes quite a few overs to warm up to reach his peak skill, during which time he generally prefers to tie the batsmen down with defensive bowling. An once the opportunity of bowling long spells was denied to him he perhaps lapsed into a defensive bowler, as Frank Tyson has pointed out. However, Bedi seemed to have considered him better than his rival Venkatraghavan whom he tried in the second test and then brought back Prasanna into the team.

Personally I feel that Prasanna will still be the main off-spinner for India in the series against West Indies next season. Prasanna has always come out best in home tests probably, because, the physical strain is lesser than what it is during a tough tour, with little time to have proper rest, apart from the fact that the slower Indian wickets suit his skill better than the overseas pitches. All these factors may influence the selectors to retain him for the next series against West Indies. Unless Prasanna, who will be 38 yeard old then, calls it a day.

How To Overcome Fatigue And Develop Stamina?

By N. TAMBIAN

You have probably noticed that boxers, football players, tennis players and others slow down noticeably towards the end of a match. Each of us, whatsoever his or her occupation—factory worker or lorry driver, scientist or writer, college student or secondary school pupil, artist or musician—no doubt feels tired at the end of a day. This weariness, this drop in working capacity, is a sign that the normal course of physiological processes has been disrupted. The writer gives below some advice on how to overcome fatigue and develop stamina.

IS it harmful to get tried? Many think so, but is it really? It is perfectly natural to feel tired during training or competition. Usually, the more tired an athlete feels, the faster he recovers. If he expends a lot of energy he will more than make up for it, as a rule, during the rest period that follows. A training session and the following period of rest are thus a single process that helps to extend the body's functional possibilities, to raise its level of fitness and stamina.

A person's working capacity depends on many factors, among them age, health, nutrition, physique, fitness, working conditions and opportunities for rest and leisure.

If tiredness is a natural feeling then why try to over-come it? Because the decline in your working capacity is directly dependent on your physical condition and stamina, and it is tiredness that develops your stamina and working capacity. During work or training you should therefore not give in to tiredness, at any rate, not at first. You should not drop what you are doing as soon as you find it difficult. Your level of stamina will gradually rise, and this will make what you are doing seem much easier, more interesting and more pleasant.

By overcoming tiredness you build up your health and prevent the onset of exhaustion. Exhaustion is particularly harmful for children, teenagers and the elderly.

The important thing is not to allow acute fatigue to become chronic, that is, to turn into fatigue whose negative consequences (loss of appetite, insomnia) fail to disappear by the following morning or the next training session.

One of the ways you can speed up the restorative process after training or competition is by switching to a different activity. Further, a correct daily regimen is essential for maintaining a high and stable level of working capacity. This should cover all aspects of your everyday life, work and recreation, including diet, meals, sleep and training sessions, all of which should follow a strict schedule. If you keep to the same regimen day in and day out for weeks and months it will have a favourable influence on the processes taking place in your body and will provide good conditions for rapid recovery from fatigue. It is very important to know how to relax properly; this will help to keep you in good health and, hence, increase your stamina and creative potential.

To stave off tiredness you should seek the most advantageous rate at which to perform a given job or exercise. If the work or exercise is repetitious you will soon arrive at the most efficient way of doing it, and you will eliminate superfluous movements. Besides, your respiratory, circulatory and nervous systems will function better.

In recent years exercise breaks during the workday have become popular at many factories. Their aim is to improve fitness and prevent fatigue. Two kinds of exercises are done on the job: 1) introductory, for seven to ten minutes at the start of the day, to improve the nervous system, breathing and circulation; 2) fitness breaks, also for seven to ten minutes, in the course of the day, with exercises tailored to suit the type of a person's occupation.

The exercises considerably improve muscle tone. For example, in the cases of persons who have to stand on their feet and who do monotonous work, we recommend stretching and walking exercises and exercises to relax the leg muscles; sedentary

(Contd. on page 8)

RACING REVIEW:

River Spray's Commendable Victory

By SNAPPER

IT is a matter of substantial elation to the owners that the well-built River Spray (Lawrence up) was able to emerge as a convincing winner in the Glory of Andhra Plate of 1,400 M on Sunday at Guindy relegating the much boosted Tobin Bronze to the third place. From now on River Spray can be depended on to win every middle distance race.

The lowly-weighted Port Royal who led from the start, followed River Spray home to indicate that the horse will make the next bid a winning one. In her two outings so far, Macs Baby ran a forward race to suggest that all is well with her and she will make her presence felt very soon.

Although favourites fell by the wayside in every race last Sunday, the winners emerged from such animals who did not win out of turn.

Sporting Sam and Night Wind who were knocking at the door won their respective races meritoriously putting to disgrace the pretentions of Retribution, who became the course favourite in the Maharashtra Plate of 1,400M and Observation, who was backed as if defeat was impossible in the prestigious Maharaja of Parlakimedi Memorial Cup won by Ruffian who, incidentally completed a hat trick claiming three races in a row.

Asad deserves high recognition for the judicious manner in which he was able to keep Ruffian within striking distance and steer his mount past in the closest of finishes at Guindy so far on record. Five horses were concerned in a blanket finish in which the verdict showed a separation of only a nk, sh. sh and sh.

In the Shirley Plate of 1,000 M reserved for 3yr-olds at the concluding event on Sunday, Himmat, who was a last-outing winner repeated that performance by taking on such merited youngsters as Cap O'Dimonte, Lord Haw Haw, Nation's Pride and the visitor from Bangalore, Regency Love. B. Alford was associated in Himmat's success for the second time.

There was no ticket on Himmat in the fifth leg jackpot and the tempting amount of Rs. 3,19,109 will be added on to the pool to be solved this Sunday.

Football Curiosities

The West German newspaper FRANKFURTER RUNDSCHAU published at the end of last year a resume of what it called football curiosities. In Argentina, for instance, during a match between the Tacota and Muelles teams play had to be suspended for a while because a dog jumped on a linesman and ran away with his flag. In the same country angry fans lassoed the referee off the field.

"Ullathil Kuzhanthaiadi" Has Mass Appeal

K.S. Gopalakrishnan has directed deftly his latest film ULLATHIL KUZHANTHAI-AIDI featuring Jaishankar and Sripriya in the lead roles. He has written down to earth dialogues for the original story by Pooval Krishnan.

K.S. Gopalakrishnan has the knack of handling any kind of story and inject into it mass appeal. He knows his trade well. He also knows what will click at the box office.

Mari is a young man with a childish mentality. He is brought up by Madurai and Muniamma who put their heart and soul in trying to make him understand the ways of the world. There arrives on the scene a girl of sixteen with the brain of a child of three who becomes Pappa to the family. A situation delops leading to the marriage of Mari with Pappa. Pappa is kidnapped by the villain, contractor Jambu, in the absence of Mari and Madurai. She meets with an accident, picked up by her real parents and regains her old memories. But she could not remember her marriage etc. Then the story takes a turn and finally ends with Mari and Pappa reuniting.

Thengai Srinivasan as Madurai is convincing and true to his role. Jaishankar as Mari, the innocent youth, is impressive. Prameela as Muniamma, fiancee of Madurai, has acted well. But she tend to be stagy in some sequences. Sri priya as Pappa fills the bill. Asokan, Kannan, P. R. Varalakshmi and V. R. Thilakam render good support.

Sankar-Ganesh have set to tune the songs composed by Marudakasi. Dutt has photographed the film produced by K. S. Sabarinathan.

Annual Of Indian Photography

The art of photography has improved by leaps and bounds in India and plays an important role in the life of the Nation. But the recognition given to this art is not in commensurate with the progress in the field.

In other countries there are a number of publications like the Popular Photography, the Camera, the R P.S. Journal, th B. J. Almanak, the American Annual of Photography and so on which encourage the camera artist and give due publicity to the manufacturers and traders in photographic meterial. But in India there is no such publication worth mentioning.

Sooriya Publishing House of Madras has now come out with a proposal to bring out the GRAPHY for the purpose.

Mr. A. Arunachalam, a distinguished amateur photographer of great repute, will be its honorory editor. Mr. Arunachalam is the founder of the Madras Amateur Photographic Society (now called the Photographic Society of Madras) and one of the founder members of the Federation of Indian Photography and was its First President.

The publishers have planned to bring out the 1978 edition by July 31 this year. Persons interested and intend to submit their works for publication may contact the publishers at 120, Thaiyappa Mudali Street, V.O.C. Nagar (George Town) Madras - 600 001.

Sripriya and Vijayakumar

From page 7

workers should do exercises that involving working, knee-bends, touching the toes, and so on.

If you are employed in a factory or office try to set aside 15 or 20 minutes of your lunch break for physical exercise. After work, walk all or part of the way home, and later, an hour and a half or two after your meal, you will be ready for active recreation.

From the viewpoint of health and fitness the best way to spend your weekend is by going out into the country. You can hike, ski, make an excursion. swim, row, play volleyball or badminton, hunt, fish or whatever—the choice is a big one. Active recreation and sport not only contribute to your all-round development but are the best way of relaxing; they are a source of strength and and restoring health. That is why they are so vigorously encouraged in every town and village, in every factory and office.

Mediterranean Pollution

The results of man's activities in the Mediterranean so far reveal that each year 120 tons of mineral oils, 60 tons of detergents. 100 tons of mercury, 3,800 tons of lead, 2400 tons of chromium, 21,000 tons of zinc, 90 tons of pesticides, 1120 tons of nitrogen and phosphorous, and 2500 curies of radionuclides enter the Mediterranean Sea.

A Comedy Nite

THE Lions Club of Madras Pudur will present a variety entertainment at the University Centenary Auditorium on Saturday, March 4. Veteran comedians of the South Indian state and screen will take part in the programme. Among the participants who will regale the audience with their performance are T. S. Dorairaj, K. A. Thangavelu, K. Sarangapani, T. R. Ramachandran, V. K. Ramaswamy, Kuladeivam Rajagopal, Kaka Radhakrishnan, A. Karunadhi, C. K. Nagesh, Thengai Srinivasan, Cho Ramaswamy, Suruli Rajan, Isari Velan, Rama Rao, I.S.R. Veerappan, Manorama, Sundaribai, M. Saroja, T. P. Muthulakshmi, Ramaprabha, Sachu, Raj Babu, Allu Ramalingaiah, Adoor Basi, Dwarakesh and Narasimharaj and many others.

The artistes are giving free performances for a laudable cause. The proceeds from the programme will be utilised for the various social service projects of the club such as Rehabilitation of leprosy patients and the handicapped, donation of tricycles to the paraphlegic, artificial limbs, crutches, polio calipers, hearing aids, spectacles, white canes to the blind, educational aids like books, school fees to poor children promoting economic welfare of slum dwellers, construction of overhead tanks for drinking water, health, education etc.

Lion Dr. A. Rajasekaran, President of the club, explained at a press conference with visual aids the work of the club and gave an account of the Lions organisation. Fellowship and service are the main object of the club. The Lions world-wide membership is about a million spread over 57 countries, he said. The service is voluntary.

The club has spent about Rs. 60,000/- last year towards such projects, he said.

The artistes will be honoured with mementos.

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